Epidemic of America.

Typhus fever, as I have formerly mentioned is seldom found in this Country, but in its place we have a Wide Wasting Pestilence bearing many of its features, which has ravaged & desolated the fairest portions of our Country. In tracing its History we find that as early as 1819 it appeared sporadically in New Hampshire & in the course of two or three years disposed itself over the New England states & New York & the Canadas it then seemed to pause but soon made its way through the Middle & Southern States. It first appeared in Philad.a at the close of the Winter of 1823. We were not warned by any of the usual premonitory signs which are the precursors of Pestilence. There was nothing peculiar in the Weather. We heard of its approach on the opposite shores of the Delaware & surrounding country. at its first appearance the aggregate mortality was not great but the next Winter it returned with more violence & proved more fatal. I shall give you only a summary of the disease the result of my own observation & that of medical friends on whom I can rely. All agree that it is a perfect Proteus assuming every variety of character & treatment. It generally comes on with a sudden prostration of strength, chills & heat alternating; skin was sometimes hot at others cold, dry & pale, face a livid color blue nose contracted the eyes glassy the whole countenance indicating great anxiety & distress, the pulse at first slow & depressed but soon becomes weak, quick & thread like its motions like the vibrations of a small cord - the head becomes affected, wandering

and distraction of the Mind. which rise to wild Delirium & afterwards spends itself in a Stupor & Lethargy. It is sometimes still more violent & insidious in its attack. seizing them at their work. it has most frequently commenced in the fingers extending to every part of the body, the pains in the joints, side, head & stomach was so sharp as to be compared to the sting of a bee & in others to the sensation caused by a blow from a hammer. The pains which are at first fugitive become fixed after sometime in the head accasioning blindness for a time. to which supervene coma & paralisis but these happen rarely It was more common to be attacked suddenly. pain settling in the head. extreme languor in which the mind participates, to these succeed fever, dry skin. parched tongue. feeble pulse.
If not checked they encrease & to the pain in the head other symptoms are added as Vertigo. throbbing of temples, morbid watchfullness stricture of the forehead, somnolency approaching to coma or Apoplexy. Delirium comes on in all its various gradations from the low & muttering, to most violent aggravated shapes of the wildest rapsodies. he is harrassed perpetually by the most distressing fears of approaching death. sighing & great anxiety come on & wandering of the mind. In other forms there is no local determinations manifest. but there is anxiety & sinking debility & distress of the precordia the pulse is from 140 to 150. this is an insidious condition it lulls the the friends & Physicians. from the suspicion of danger but soon a state is developed desperate & dreadful in its nature

Another form is that of Pneumonic coppistion, here there is chills & fever and as might be expected. laborious respiration, great determination to the Lungs, a violent cough, bloody expectoration, flushed & tumid, countenance, wildness of the eyes &c. In persons from the South there was great Gastric affection & vom. of Bile. pulse full, voluminous & at seemed strong tho' it was, soft & readily compressed & possessed none of the tension which indicates active Inflammation. At this period it often puts on the character of the Billious fever of our country & we might at first be lead to manage it as an Inflam. Billious fever. but the symptoms soon wear away. muscular power rapidly declines, mind is disordered & sinks into heavy & stupid Lethargy, a dark encrusted substance is observed on the tongue & fauces which become dry & hard. partial coma, coldness of the extremeties. haggard countenance, come on to which accede the petechiae hence the appellation of Spotted fever was acquired.

Besides this Pneumonic form, we have seen cases in which the throat was greatly affected & in the South this was the most frequent form. while on a visit to Virginia all the cases I saw were of this kind its first appearance was characterized by the symptoms of ordinary Catarrh, the throat slightly affected. then is a sudden & alarming depression of strength. difficulty of breathing &c. but none of the symptoms of common Quanche are seen, no enlarged glands or tonsils nor florid appearance. this is one of the Malignant forms.

A gentleman from Georgia on his journey to this city was exposed to the influence of this disease at Alexandria. On arriving had about 6 O'clock in the evening I was called to him he complained

of soreness of the fauces & throat, but not sufficient to confine, he was conversing with several medical students in the house where he lodged not supposing his case dangerous I left him but had scarcely got home before I was again sent for; I found him very ill and in about 15 minutes he expired: What is this disease? it is not easy to answer, it in many instances does not exhibit the phenomina of fever, sometimes there is no chill, no diff. of pulse, not the least tension & no encrease of temperature.

Dissection shows extensive Inflam. of the great cavities but it is of the light Erysipelatous kind approaching to gangrene, effusions of dark gummous blood in the Brain, Thorax, & an imperfect secretion of lymph and serum, also take place. Taking all these things into consideration I conceive it to be a species of Typhus.

Causes. have been little ascertained; it commences in the very cold weather of Winter & is dispersed by the coming on of Spring. It appears similar to a disease caused by low temperatures of which several instances have occurred in this city. many are brought into the Almshouse in a state of great topor from which it is hard to rouse them, & when roused by the action of the Stomach a slow fever comes on, low delirium, small weak pulse & encrusted tongue, the eyes glassy, the pupil either contracted or much dilated & a haggard countenance. On the other hand it is alledged that cold alone cannot be the cause as it occurs in other circumstances & is not always produced by it. this obliges us to resort to the gratuitous supposition of a vitiated state of the Atmosphere. its course is conformably to the laws of Epidemics; all other diseases put on its type. It is said in support of its being Contagious that it was

spread by the soldiers who returned from the lines, but that was I suspect the Camp fever. and not our genuine Winter Epidemic, the appearance of it produced a great revolution in the practice of the City.

The exciting Cause is the same as that which produces all other diseases as, irregularity in diet, exposure to certain conditions of the atmosphere, fatigue, &c — Treatment. two modes have been adopted 1st the profuse use of Wine, Vol. Ammo. & Camphor, 2nd Revealing, I have no doubt of the superiority of the latter plan. I shall therefore merely remark that Dovers powders frequently repeated, Wine Whey, Hot fomentations to the Trunk extremities & arm pits are the best remedies for exciting sweating and that when it is early induced & kept up, Death seldom ensues. 10 or 12 grains of Dovers pow'r. may be given at short intervals Wine Whey hot toddy & pouring vinegar on hot bricks & applying them to different parts of the body is an excellent plan. As the diseases advances the cordials & stimulants become necessary the Vol. Alk. is much used, from V to X grs. may be given every half hour. Madeira in the intervals when there is great prostration of strength a decoction of Cantharides & Turpentine applied to the surface. Friction of Cayenne pepper in Brandy, is in some cases a valuable remedy. —

This is the practice in the simple state, but when there exists great local determinations, Bilious. Pneumonic & Anginose affections other remedies are to be used. Emetics are very efficacious, they should be repeated & them of the most active kind. after these give the Mercurial purges so as thoroughly to evacuate the Alimentary Canal. Calomel & Ipecac. is an excellent combination for the purpose some use the James's powder, then a course of Stimulating Diaphoretics Blisters were proper in the Anginose & Pneumonic forms & also where

the head was much affected they should be large so as to cover a great surface.

Lancet: much dispute has arisen on the use of the lancet, almost every case of this disease in which it was employed proved fatal the vital energies were so paralized, the ordinary prognostics fail us in some degree, the pulse is not so clear in deciding the steps to be pursued. but we must attend to the condition & habit of the patient a livid or brown colour of the skin was always regarded as a fatal symptom. the most attentive & determined perseverance is here necessary to ensure success —

Diseases of the Alimentary Canal

I am next to speak of the Diseases of the Alimentary Canal. the intimate connection between this part & the rest of the system and the extensive influence which it holds in the Animal Economy renders this part of our course peculiarly interesting.

I have more than once called your attention to the importance of this Organ: Life may exist without the Brain, Spinal Marrow, the Heart or any other of the Viscera except the Stomach: & no case is recorded of a Foetus being born without this Organ. On account of its multiplied relations with the other parts, located in the centre of our structure it is probably the seat of the Vital Principle, giving support to the various parts of the body & enabling them to execute the functions There is no other viscera which may not be essentially injured with

not very materially deranging the system but the Stomach & impressions made by our remedies on this viscus are more effectual than on any other: the first question I ask myself at the bed side of a Patient is "What has the Stomach to do with the case before me"?

I shall first treat of diseases belonging to & affecting the Stomach

Gastritis

This Disease has been divided by Nosologists into Phlegmatic and Erythematic. But I expect a better division is that which considers it as a Symptom of Malignant forms of Fever & the Idiopathic inflammation of that Viscus, I have already treated of the former & am now to speak of the Idiopathic Gastritis.

Symptoms. Acute pain in the region of the Stomach, particularly in the Scrobiculus Cordis; soreness to the touch, distension in the Epigastric & Umbilical regions, vomiting, great prostration of Strength, great thirst. pulse small & hard, chorded though not very quick: it runs its course very rapidly. & unless soon arrested. assumes an alarming appearance great debility, cold extremities, moist clammy sweats, hiccough & occasionally black vomit as in Yellow Fever, pain in the pudendum (a fatal Symptom) distension of the Abdomen from flatulency are indications of Gangrene in the Stomach; Besides these, there are anomalous, thus I have known the Gout attended with acute in the groin, Dr Phisick told me that a common & fatal Symptom in the Yellow Fever in females was a pain in the pudendum. Spasmodic affections of the Muscles of the Anus is often a symtom of this disease, an aversion to water & Light, as in Hydrophobia.

Treatment. The Indications of cure are here very distinct, we have a case of active Inflammation & the most effectual remedy is V. S.

Totally regardless of the pulse the degree of fever, or the appearance of prostration we must bleed freely or all is lost; from an Adult in the early stage of the disease we must take ℥xx or ℥xxx of Blood immediately & in the course of a few hours we shall perhaps be obliged to repeat the evacuation. I wish to impress on your mind the necessity of prompt & large bleedings, neither the pulse nor fever indicate the extent of Inflammation in this disease, there is rarely much fever. as you detract blood the pulse rises & is relieved from its depressed state. It affords some of the best examples of a depressed pulse so much inculcated by the late Prof: Rush & for which he deserves the Eternal gratitude of the Medical World.

Next in importance are Blisters, they should be large & applied over the Umbilical or Epigastric regions; there is no greater error than the making them too small, when large they occasion very little more pain than a small one & their benificial effects are in quadruple proportion to their size. Cooperating to the same end are Warm Fomentations of cloths wet with hot water & Brandy

The bowells are to be opened & as we are in a great measure prevented from giving medecines by the mouth in consequence of the great irritability of the stomach. Injections are to be used, but of the mildest kind as a pint of tepid water with a portion of Olive Oil to be used in large quantities repeated every 2 or 3 hours as the stomach will bear it. As soon as the stomach is calmed Castor Oil or Calomel may be given, as a purgative Calomel is preferable; it is peculiarity of this article as I have already stated, that it may be given in an inflamed state of the Bowells without encreasing the irritation. it may be given in pills & lays on the stomach better than oil.

Epsom Salts is the least irritating of all the saline purges & is a valuable remedy in these cases. I have known it check a very violent vomiting in Cholera of children. To quiet the irritation of the Stomach it is necessary to resort to all the means formerly mentioned the best is Lime Water & Milk. & the Acetate of Ammonia. I have used Anodyne Injections for this purpose. It is a common practice to give Diluent Drinks but I believe the practice a precarious one. give as little as possible. thirst is best relieved by small & repeated draughts of Tea. Toast & Water a spoonfull at a time.

Much has been said of the Warm Bath. it is unquestionably useful but should never be resorted to untile the disease is well subdued by depletion

But the Lancet & Blisters are the only remedies entitled to our confidence but it is very essential that we use V.S. to sufficient extent, small bleedings do no good.

When the disease has run its course in spite of our remedies & when there is a tendency to Gangrene we resort to Opium in doses sufficient to allay irritation. If this fails we must have recourse to Sp. Terebinth. which is the best remedy I know off dose a teaspoonful every hour mixed with a little tea

Gastritis from Poisons.

There is another species of Gastritis which occurs in consequence of certain articles taken into the Stomach. These articles are exceedingly numerous & are poisonous only in quantity. quality or in the peculiarities of some constitutions, What in a proper quantity & in a healthy state would be entirely innocent will under different circumstances prove fatal.

It was an early maxim of the Medical school, that all poisons are medicines when taken in small quantities & vice versa.

I shall treat of Poisons under two heads Narcotic & Corrosive. to the first belongs Opium. & from its being often to destroy life we should learn how to manage it. Called to such a case our first attempt should be to excite vomiting. Tartar Emetic, Specac. Sulph. of Copper & Sulph of Zinc. are all used & are well adapted to the case. Tartar E. & Specac in combination is the best. but recollect that the dose should be vastly encreased. ℞ Tart Emet viii & Specac. XX. repeated every 15 minutes. ℞ Sulph Zinc. XX to ʒi. in some cases they will not excite vomiting there is a total loss of susceptibility, here distending the stomach with warm water. is a good auxilliaries.

Cataplasms of Tobacco steeped in Vinegar & applied to the region of the Stomach have in some instances been successful. but they should never be tryed when prostration is present. Tickling the fauces with a feather: keeping the patient moveing is very beneficial. Synapisms & Stimulant injections have been advised. flagellation is recommended by Boerhave.

Vegetable Acids have been advised as correctives & palliatives but of all articles the Vol. Alkali freely exhibited is the best. it will overcome the propensity to sleep. Vol. Julep. or Aqua Ammon. But after all Fever will attend as a consequence: treat it on the general principles. You must remember however that Fevers arising from Opium or other Narcotics will not bear depletion to so great an extent but demand the early use of cordials & stimulants.

There is one exception where Digitalis or Tobacco has been taken as a poison we must employ the most powerfull stimulants immediately

these are Ether, Brandy & water, Vol. Alkali & Turpentine; for Digitalis. brandy is best & should be given as freely as possible without intoxicating
Treatment of Drunkenness is the same for the bad effects of Opium 1st Excite vomiting 2nd Apply cold water to the head. if in an Apoplectic fit bleed, cups &c V S cannot be born as well as in Fevers.
Corrosive Poisons differ in the operation & require different treatment but we may give Emetics in every case with this difference; we choose such as are likely to decompose or alter the nature of the Poison.
For Corrosive Sublimate the best antidote is Albumen or White of Egg, which immediately converts it into an inert substance. when called in such a case give the White of Eggs freely 10 or 12. if they are not to be had give Milk —
Acetate of Copper. Sugar in Syrup is said to very effectual in destroying the action of this article if given immediately in large quantities it acts chemically, & purges also —
Ozila says that Albumen is preferable —
Muriate of Tin. milk or Albumen are the best correctives but the stomach must be loaded with it —
Lunar Caustic a solution of common salt renders it completely inert; this is very important as it is now used in many diseases —
Lead & Barytes, a quantity of the Sulph. of Soda or Magnesia in solution —
Antimonial ppts. a strong decoction of Barks. Oak Barks Galls or of common Tea are good antidotes —
Mineral Acids. calcined magnesia to be given immediately and in large quantities —
Alkalies. the Acetic acid or strong vinegar answers best.

Arsenic for this article we have no remedy on which we can rely Bertrand pretended to have prevented the bad effects by Charcoal but it has not succeeded with any other person, An antidote is much desired even Vomiting does not naturally prevent its bad effects Oils are found injurious — Flaxseed tea & Gum Arabic are the most preferred, they are not destroyed suddenly I have seen several cases they generally live two or three days. Spts Terpentine is the best stimulant in the sinking stage —

Whether the Antidotes I have mentioned are to be relied on I can not say. it will be time enough to resort to them after the use of Emetics notwithstanding all our efforts fever arises & requires V.S. Blisters & the remedies to sooth the stomach if the exhaustion be very great we must give cordials during the intervals of vomiting.

Indigestion or Dyspepsia

This is a disease of very common occurrence & professes a variety of Characters. Symptoms are depression of spirits debility, nausea, vomiting sour eructations cardialgia spasmodic pains a knawing sensation of the stomach — constipation chills, languor, & disturbed sleep these are the common symptoms, acute pain in the breast & sides & head perverted vision I have seen two cases of double vision, one case of inverted & another of total blindness from an affection of the stomach all of which were relieved by the remedies for gastric affections — there are others

anomalous symptoms as vertigo & palpitations of the heart, the last often leads to a suspicion that the heart & arteries are diseased I have now a case under my care, a lady from South Carolina who was supposed to have an affection of the heart; she is now recovering from the use of Emetics & Tonics. The Appetite is not impaired in some cases & is often preternaturally increased & apt to be depraved the patient desiring the most indigestable food as unripe fruit chalk, dust &c The Causes are such as act directly on the stomach or such as act on that organ thro' the medium of other parts of the System — First — Improper indulgence in eating or drinking. the excessive use of Tea or Coffee, acids, Spirituous Liquors, living exclusively of Vegetables especially the Flatulent grosse indigestable animal food, a too frequent use of Emetics Opium habitually used, certain Salts, ppts. especially Nitre is a powerfull cause, Second The causes which operate thro' the medium of the System generally are, indolent, sedentary, habits intense study, grief, vexation, distress of mind, exposure to cold above all cold feet, also heat, These are the chief causes of Idiopathic Dispepsia but it is often Symptomatic of other diseases, Liver Spleen, Pancreas &c

Treatment

There are few more embarrassing affections than the those of the Stomach, no two cases are precisely alike but I shall endeavor to point out the Practice most applicable to the greater number of them — The first indication is to cleanse the stomach of all crudidities which act as offending causes: for this purpose Ipecac, is generally preferred, it is mild but sufficiently active to effect our purpose, to be of service it should be repeated

frequently especially where we find acrid accumulations; cooperating with these Laxative purgatives are usefull but we should avoid the Saline & drastic. Rhubarb is an exception, & is frequently used it is said to possess some Tonic powers. besides relieving constipation it sometimes constipates this may be prevented by combining a small portion of Calcined Magnesia or Castile soap.

The practice of combining Calcined Magnesia with Lac Sulphuris is highly proper. ½ of each with 2 or 3 teaspoons of Milk; this is the best laxative to overcome habitual costiveness which I know of. when it disagrees with the stomach omit the Sulph & give the Magnesia alone or Creta ppt or Oysters shells ppt, the latter is a better anti-acid than chalk or any other. & it agrees well with the stomach: it is admirably suited to this disease & corrects the acid which is so distressing to the stomach.

The condition of the Alimentary Canal being corrected we then resort to TONICS. many of the Vegetable Bitters have been found useful, Gentian, Columbo, Quassia Hops. Peruvian Bark & this last had at one time, a high reputation but it is less relied on than formerly: it was used in decoction, infusion & aromatics were joined with it to render it more effectual and grateful to the stomach. I cannot recommend it from my own experience. I have found an infusion of Hops used with great advantage in a very obstinate case, it may be given in Tincture or Infusion. I do not think the Tinct as good as the Infusion. dose half a Wineglass 4 or 5 times a day. of the Infusion. The Quassia is very beneficial but our chief reliance is on the Mineral TONICS. especially the ppts of Iron. of these the Carbonate of Iron is generally employed X grs with Ginger 3 or 4 times a day

The Phosphate of Iron, is a good remedy. the Muriated Tr. of Iron, in doses of XX gtts 3 or 4 times a day is good.
As a purgative a combination of Aloes, Asafoetida & Rhubarb in pills.

Or the Chalybeate wine & when constipation exists add a few grs of Rhubarb which will be found useful. The following is the form of the Chalybeate Wine which I prefer. ℞. Rubigo Ferri ℥iss Rad. Gentian ℥iss, Cort. Aurant. ℥iss Port Wine 1 Quart. Let it digest for two or three days in a warm place. dose half a Wineglass two or three times a day; But in some cases Sal. Martes or Sulph. of Iron is preferable in the form of pills as follows. ℞ Sal Martis ℥j Gum Arabic q.s. make into XXX pills 2 or 3 to be taken several times a day.

Such is the manner of treating the simple cases of this disease but a few of the more urgent symptoms require other remedies

Cardialgia, sometimes arises from morbid acidities, here Lime water & Milk are usefull, also the Alkaline & Absorbents as Magnesia. I have before spoken of the following —

℞ Sal. Tartar ℥ij. Spts Lavend. Comp. ℥ij. Sac. Alb. ℥j. Tr Opii XXX gtts. Aqua ℥ix. Dose a tablespoonfule pro re nata it will be found useful: & pleasant to take. When it recurs it generally better to give the Vol. Alkali either in pills, Julep or the aqua dose of the latter half a table spoon fule. Sometimes painfule Spasms or Gastrodynia occur, which are generally relieved by Ether, Opium & other Antispasmodic remedies, Blisters are very powerful remedies applyed over the stomach, both in Chronic & Acute forms of the disease, but there is a popular home made remedy which I have used with great advantage when all others have failed ℞. Hiccory Ashes 1 Quart. Clean Soot 1 teacupfule. Boiling water 4 Quarts. When it cools decant it & give a wineglass half fule several times a day. it should always

always be taken after meals immediately. Chemists can see nothing in this distinct from the Potash it contains, it does good where Potash is useless, reason must give way to experience the remedy must not be despised because we are unable to account for its action. Gastrodynia is sometimes exceedingly severe resembling Colic & requires judicious treatment.

Pyrosis. (water Brash) is another distressing complaint, it is Epidemic in some countries & may be generally traced to a luxurious mode of living or to an excessive indulgence in eating or Drinking. I have met with it mostly among the polished classes of society.
It has been imputed to two causes, a morbid secretion of the Stomach or a morbid condition of the Pancreas.

For this symptom Lime water & milk is valuable. Cullen recommends Opium. I have found it of service as a palliative. Emetics are useful by evacuating the water & perhaps by changing the secretions they must be repeated. I have known it yield to a single Emetic & attention to diet. the White Oxide of Bismuth has been much recommended of late, (see Chapman's Ther).

To complete the consideration of this disease I shall call your attention to some of less common form; the one to which I allude particularly, is not mentioned by Writers. but has frequently occured in my practice, it appears to be a slow Chronic Inflammation of the Stomach. found in debilitated people who have indulged in debauchery & I once thought it peculiar to such only but have seen in persons strictly temperate. It is known by a distressing heat, pain in the stomach, pulse small corded & quick, Hectic suffusion, moist skin, dry cough, wasting of flesh & diminution of Strength. & several other symptoms analagous to the incipient

stage of Pulmonary consumption. as to be frequently mistaken for it.
Treatment. It seems to be the same kind of inflammation as that of the Intestines in Chronic Diarrhoea. & is to be cured by direct depletion. V.S. is very important & should be repeated according to circumstances. Remember the peculiarities of the pulse & that we should not withhold the Lancet in any of the Gastric affections. In this case & perhaps in all Chronic Inflammations, small & repeated bleedings are much better than copious ones.

Gentle Emetics as auxillaries are of use & then give minute doses of Ipecac so as not to excite nausea they act as Alteratives and by changing the diseased action often restore the tone of the Stomach & bowels. I have often used it in this case with advantage it has been the practice more than a hundred years.

I have now finished my observations on Idiopathic Dyspepsia but have a few remarks to make on Dyspepsia from irritation of the Abdominal viscera particularly Hepatic derangements. Mercury & the Mineral Acids particularly the Nitric Acid are the appropriate remedies.

We are often called to diseases of Stomach where an extreme degree of irritability exists; extreme debility, nausea, flatulence, loss of appetite rejection of food when taken, or is imperfectly digested & a train of other symptoms follow such as have been before described it generally brought on by debaucheries, & we should give Stimulating drinks, Opium, cordials & a nourishing diet. we must palliate the most urgent symptoms, which are Gastric irritability, nervous tumors &c for the vomiting & violent spasms of the Stomach, Lime water & milk must be given, but in other cases we must give Opium, Pot. Alkali, Musk, Garlic, Asafoetida, & all the Anti spasmodics

These are given to recover the tone of the stomach, a permanent cure depends on a change of habit; little can be done by medicine unlis aided by attention to Diet, the Stomach is the seat of the disease & the receptacle of food & a rigid attention to what food suits that delicate & important organ is all important.
A Milk Diet is preferable in obstinate cases, to be effectual it must be continued for a length of time, it must be given alone & directly from the cow; it is more or less applicable to all the forms of this disease especially the more distressing symptoms as Pyrosis, Cardialgia, Gastrodynia, & Palpitations.
I pretend not to say that it is applicable to all cases of Spasms but I am convinced that it is the most useful article in a majority of cases. It is objected to the Milk diet that it does not always agree with the patient; that there may be peculiar Idiosyncracy's preventing the use of it I do not deny, but the objection has arisen from the vomiting of the Milk in a curdled state it should not be abandoned in a short time the stomach will accomodate itself to its reception, but if it should be found to be entirely improper we must resort to Chocolate the best mode of making which is as follows: First boil it & let it stand till cold, then skim off the oil & other foecalent matter from the surface, then boil it again & pour it on sugar & cream in this state it is very palatable & is the only way it should be used by Dyspeptic patients. But should they get tired of this direct them to breakfast on solid food as Mutton, Venison, Beef, Poultry, white fleshed Venison & oysters slightly warmed. & Tea & Coffee should be

strictly avoided I have a cure take place merely from a discontenance of them, also avoid beef. Ducks, geese, salted, dried or smoked meats Pork. soups & baths are injurious to those who are predisposed to this disease. The only vegetables at all admissable is the Potatoe. roasted & boiled Rice, all kind of deserts are to be avoided, even the Bread should be two days old & toasted without butter.
Always enjoin on your patient to eat often & but little at a time. confine him to light nourishment & never combine a variety of articles let his meals be simple consisting of a single dish, with little or no drink with it, never eat hearty suppers. do not disgust the patient with the odour of food. hence it should given cold.
For drink water is best, or old Porter it however sometimes disagrees. Wines are apt to sour & create eructations; in some cases it is necessary to allow old Spts or Brandy very much diluted to those who have been accustomed to it, but it must be very sparingly used. Much advantage has been derived from the Warm bath, it not only acts as a stimulating Tonic but but it directs the disease to the surface, it should be repeated 2 or 3 times a week, they are certainly useful where a reaction takes place & a glow over the surface of the body. In other cases the Cold Bath may be useful on the same principle.
Exercise especially on horseback is highly important. Walking is also good. a visit to the Watering places, particularly the Chalybeate springs are benificial
Dress. is all important on account of the intimate connection between the stomach & the skin. Flannel should be worn next

the skin at all seasons. I have already remarked the influence cold feet have in producing Gastric affections, it is one of the chief remote causes, they should be kept warm. worsted stockings should always be worn. The remote causes are studiously to be avoided if the patient has been addicted to Intemperence let him reform. if accustomed to a luxurious mode of living let him gradually return to a more simple way of living; if he has been indolent & sedentary advise him to a more active employment. if studious avoid the midnight lamp. and seek recreation. if disheartened alure him to the fields of fancy & display to him the prospect of hope & above all never give him up in despondency. it is one of the most important maxims of our art that while any thing remains to be done nothing is accomplished.

Enteritis or Inflam. of the Intestines.

Much has been anticipated respecting this disease by my remarks on Gastritis, they are very nearly allied, originating from the same causes, exhibiting nearly the same symptoms & requiring the same remedies - all I said in favor of the bold use of the Lancet in that disease applies equally to this. here also we are to disregard the pulse; the only difference is as regards the bowels they must be kept open. For this purpose the early use of Enema has been recommended but I prefer the use of Calomel. giving generally X grs followed by V grs some time after & if necessary purge it off with Castor Oil - After the obstruction is removed completely, keep the bowels open with Laxatives & then pursue the same treatment precisely as in Gastritis, as cupping Leeching & Blisters to the part.

Nearly allied to these is Peritonitis which has not till lately been satisfactorily investigated. It is ascertained that the Peritoneum is subject to Acute & Chronic Inflammation. The first like other acute diseases commences with chills or shivering pains in the back, loins & extremeties followed by fever. pulse small, quick, & corded & is well calculated to deceive but there are other very decisive symptoms as head pain in the abdomen, shifting from one spot to another at other times confined to one spot. by pressure the pain is much encreased, we find a tenderness over the whole Abdomen attended with considerable thirst, dryness of the tongue & fauces, sometimes with

a dark crust on these parts, with such symptoms as we find in the incipient stage of Typhus fever. in 24 hours the fever increases the pulse is heightened to 120. 30, 40 & 50, the tension of the Abdomen is very great. We always find the patient lying on his back with his knees drawn up this symptom always found; by this position the Abdominal Muscles are relaxed & the weight of the bowells rests on the Spine. (I have always observed that one of the first symptoms of a recovery was the ability of the patient to stretch out his legs & to turn on his side & when he does this you may rely on his being out of danger unless mortification has taken place.)

As the case advances unless arrested by proper remedies all the symptoms are aggravated especially the tension of the abdomen. It occasionally happens that the symptoms suddenly cease as if subdued by our remedies; with the cessation of pain we find a sinking of the pulse, strength failing rapidly, a vomiting of dark matter takes place or rather it is expelled by a kind of convulsive singultus, like the black vomit of the Yellow Fever. cold clammy sweats come on, cold extremities haggard & relaxed countenance laborious respiration, tumefaction of the Abdomen & eventually Death —

Dissections inform us of the nature of this disease, every portion of the peritoneum presents appearances of Inflam., which never extends from the lining membrane of the Abdo. to its Muscles tho' very generally it extends to the Intestines. It may terminate by effusions of bloody sanies, of serum or seropurulent

matter or in Gangrene. There are three diseases with which it may be confounded, viz Colic, Enteritis & Gastritis tho' it is fortunate they require the same treatment.

In Peritonitis whatever be the degree of uneasiness there is no inclination to go to stool & most copious evacuations do not mitigate the patient sufferings materially; little doubt ought to be entertained as to the treatment of this disease, still we find very opposite treatment recommended by Physicians of the highest authority. while some recommend the liberal use of Opium as the only remedy to be relied on. others deny its efficacy altogether & contend that the Lancet is our only resort. Fordyce strenuously recommends opium.

I have encountered the disease often & am satisfied the we must push the Lancet boldly in the early stage of the disease & here too we disregard the pulse which is always depressed & regulate our selves by the strength of the patient. I consider that I have a case of "Acute Inflam." rapid in its course & fatal in its termination if not early checked. Called in the first stage I take XX or XXX ℥ & repeat the operation if necessary, in the course of the day: I have taken ℥LX a day: but simple depletion will not establish a cure. this being premised the next indication is to endeavor to excite copious perspiration, this acts like a charm, I have known it do good when the Lancet was indicated. External means are the best of these the Vapour Bath is to be preferred it is also necessary to use internal means the Dovers powder is used assisted by the Bath — Resort early to sweating but always premise Venesection.

Much has been said of Blisters they are serviceable when well timed by should not be applied too early, never before V.S. nor before fomentations warm have been used. This is one of the diseases in which the evacuation of the bowelles does not form a primary indication. they should not however be entirely overlooked, they should be kept in a Lax state & for this purpose large emolient Enema seem best adapted. In Yellow Fever purges are necessary why not here?

This disease always dangerous becomes especially so from some adventitious circumstances, there are often irregularities which mislead the practitioner & he neglects the early stage the proper remedies. We now & then find such a depression of pulse & diminution of strength as would seem to forbid the use of the Lancet. but we bleed moderate, give Diaphoretics & use the warm bath, the disease then unfolds itself when it exhibits symptoms of high Inflammation we carry V.S. to its full extent. there is an insidious form in which the symptoms are so slight as to be apparently not dangerous, you have no fears untill the event proves fatal.

There is also said to be a Chronic Inflam. of the Peritoneum, the Patient complains of soreness of the Abdomen, pulse accelerated great thirst, furred tongue in the morning, face pale, languor & distress it sometimes continues for weeks before it excites alarm. the patient continues about his usual employment untill

by some cause it is excited into Active Inflam. In all cases no matter where seated succeeding inflammation is most difficult to cure, we can not diminish it with occasioning a fatal debility & it becomes almost impossible to restore the system to a healthy condition. It is illustrated further in Hydrocephalus where it is often two or three weeks coming & when inflam. takes place is extremely obstinate, we have also seen it in different forms of mental derangements they are chronic for some time & the become acute & are invariably fatal.

All that can be done is to treat the disease in the manner I have directed, together with Salivation.

Colic.

This is a common distressing affection which calls for prompt & immediate relief; it is a painfull distension of the Abdomen with a twisting round the umbilicus, costiveness, spasmodic contraction of the Abdominal Muscles, vomiting & constipation are the usual symptoms. Nosologists have divided it into numberless species which are useless as regards practical convenience. I shall divide them into the three following. viz Flatulent, Bilious, & Colica Pictonum. The first may be known by the wind or flatus which attends it & by the causes which produce it as indigestable food, as cabbage & Cold particularly cold feet. When caused by the food we have nausea, vomiting & spasmodic pains which are immediately

relieved by giving warm water or Chamomile tea to wash out the stomach & calm irritation by cordials & carminatives Laudanum with Essence of Peppermint, cinnamon & Ether is an admirable remedy in this case the following is good ℞ Ether ℥ss. Sac Alb. ℥i Aqua ℥ij put the sugar & water together & then add the Ether dose pro re nata. I have known a teaspoonful of Spts of Turpentine instantly remove the pain. In cases excited by Cold only we use these remedies with any evacuations previously; at the same time we apply bladders of warm water to the feet & stomach, warm Bricks steamed bags of hot salt, ashes, oats &c are useful applications for keeping up the heat of the surface, the mere application of heat will sometimes relieve violent spasms from cold. After this when the pain is allay'd & irritation calm'd I usually evacuate the bowells.
The only case of Iliac I ever saw was produced be eating a hearty meal of Cabbage the faeces were actually ejected from the stomach the patient in a short time.

Bilious Colic.

This disease is endemical to our Climate, it appears to be a Billous fever turn'd in upon the bowels, & prevails at the same season of the year & proceeds from the same causes.
Symptoms. it commences with chills & great accumulations of bile, attended with high arterial action, loss of appetite, bitter taste in the mouth, thirst, heat costiveness & a vomiting of bilious matter attended with an acute pain all round the region of of the navel & as the disease advances the former becomes more frequent & the latter more severe and lasting.

The pain about the navel is very excruciating I have seen case of Bilious colic in which the patient became Blind in this state he felt no pain. One of the most drastic purges was given. a large dose of the Colocynth was given to excite pain & he immediately recovered his sight. after some time the pain again left him with a return of Blindness & by the Colocynth was again restored.
The chill is uniformly with this complaint & is a distinguishing pathognomic symptom.

Treatment. This is to be considered as a highly inflammatory disease. Venesection is most imperiously demanded. & should precede all other remedies. By copious V.S. in the early stage I have seen this disease subdued or so far arrested as to give little trouble. but to have this effect the Lancet must not be spared. take ℥xx or ℥xxx from a common robust man, even if we should gain all our object, we by this practice prevent the violence of subsequent inflammation, open a more extensive surface for the action of our remedies & facilitate their action. Not the least of the advantages of V.S. is that in this & other bowel affections. it prepares the system for other remedies. Cathartics are indicated but are not proper in the turbulent state of the stomach we must first calm the irritation by Lime Water & Milk. & the use of Anodyne injections. much has been said of Opium in this disease I consider it at best a precarious remedy: if given by the mouth it is invariably rejected. & if used I prefer injections.

The Warm Bath should not be overlooked, it occasionally checks the vomiting & like a charm mitigates the other symptoms, I have seen it again & again cure this disease. If these resources fail we must again resort to R.C. & Enema of water, Oil, Molasses &c. I have found a pint or more of a strong decoction of Senna with the addition of ℥i of Jalap, useful when thrown up the rectum. Much benefit has been derived from Turpentine injection, there are several modes of preparing them, the one which I prefer is as follows by ℞. one or two teaspoonsful of Turpentine & beat it up with the white of 3 or 4 Eggs. & put it in a pint of warm water.

Cold Water has sometimes been used beneficially either by applying it to the abdomen or what is better by injecting it into the bowells. this was a favorite & very successful remedy of the late Dr. Reese, I have used it much. it allays irritation & overcomes Constipation.

Large quantities of Warm Water thrown into the Rectum by relaxing spasm will be of great benefit, three to four quarts.

Anodyne injections will often answer when every thing else fails 3 to 4 hundred drops of Tr Thebaic may be used in desperate cases. A Suppositary of Opium, vi to viii grs will sometimes succeed when the Anodyne has failed.

I have sometimes succeeded by introducing a Candle up the rectum, in overcoming Spasm & Constipation, suffering it to remain X or XV minutes & then withdrawing it.

Tobacco should never be resorted to but in desperate cases

its sedative powers are so great that the energies of vitality are sometimes suspended & even life destroyed, the injection should never contain more than ℥ss.

Tartar Emetic, injection is modern & a very effectual remedy XX, XXX & L grains in ℥iij or ℥ix of water.

Mechanical Distension is the last means, but happily in ordinary cases these experiments are not necessary we soon allay irritation and are then able to employ Purgatives. It is common to use the most drastic kind & in the largest doses; but the mild sometimes answer more effectually as the Lac Sulphuris & Magnesia which I have sometimes used after the more drastic had failed. Castor Oil & Epsom Salts are good remedies. But the following is a favorite pept. with me ℞. Opium iij grs Calomel X to XV grs repeated every 3 or 4 hours in cases of emergency. it overcomes the spasm & opens the bowells. & the opium retains the Calomel on the stomach. I have so repeatedly derived such signal advantage from this combination that I press upon you as a most valuable remedy Blisters constitute an important part of our treatment in this & all other bowell affections they should cover a considerable surface.

Billious Colic is almost the only bowell affection in which the pulse is not depressed & chorded here we have it active & full —